



IUIC FLORIDA  
**TITUS 2 CHAT**

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*to do*

- EVERYTHING ELSE
- GOD'S BUSINESS

**GOD...LAST ON MY TO-DO LIST**

MARCH 8TH, 2020 | 12:30 - 3:30PM EST | ZOOM.US

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**Topic: God Last on My To-Do List**

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**Hosted by IUIC Florida**

**Date: March 8, 2020**

**Time: 12:30 - 3:30**



## **Sister Yeira**

### **Tip 1: Know Your Lord**

- Get your Lord ready for work
- If your Lord love to teach? Ask him questions
- If your Lord go on flier missions- fold fliers with him

**Proverbs 14:1 (KJV)** Every wise woman buildeth her house: but the foolish plucketh it down with her hands.

- We as wives set the tone in the household
- We make or break the house
  - Break: A foolish wife tears down the house
  - Make: Wise woman help build the house of their Lord

**Proverbs 11: 29 (KJV)** Every wise woman buildeth her house: but the foolish plucketh it down with her hands.

- Are The scriptures two-fold. The man will leave the wife also.
  - House not clean, not cooking things your Lord likes, not being a help to your Lord.
  - Your presence is not the only thing that can sustain a house. You have to be a help to your Lord.
    - To be a help: cook, iron clothes, etc.
  - Don't just say but do it. Actions speak.

**Sirach 26:14 (KJV)** A silent and loving woman is a gift of the Lord; and there is nothing so much worth as a mind well instructed.

- Be a silent and loving woman

**1 Corinthians 7:34 (KJV)** There is difference *also* between a wife and a virgin. The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit: but she that is married careth for the things of the world, how she may please her husband.

- Single sister should be putting in works for the Most High
  - Volunteer, be occupied with the Lord's work, prepare yourself for marriage
  - Help out with the married women. Get experience of mothering
- Married sisters should be pleasing their Lords
  - Your desires are to be to your Lord's. Whatever his goals are, you help him achieve it.

**Video:** [A sister motivating her Lord before he goes off to work.](#)

### **Tip 2: Submission**

- Submission = Humility.

**1 Peter 3:1 (KJV)** Likewise, ye wives, *be* in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;\_

**Definition:** Humble- having or showing a modest or low estimate of one's own importance.

**James 4:10 (KJV)** Humble yourselves in the sight of the Lord, and he shall lift you up.

- Humble yourselves because the lord shall lift you up
- After you get to know your Lord, you should submit yourself to your husband

**Colossians 3:18 (KJV)** Wives, submit yourselves unto your own husbands, as it is fit in the Lord.

- We must apply this sisters

**Ephesians 5:22 (KJV)** Wives, submit yourselves unto your own husbands, as unto the Lord.

v23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

v24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.

- Submit to your husband EVERYTHING...not when it is convenient for me.

### **Tip 3: Speaking your Lord's love language**

1. Quality time
2. Giving gifts
3. Act of service
4. Words of affirmation
5. Physical touch

**Reference Video:** [The Israelites: Love Check \(What's Your Love Language?\) with Captain Zakar](#)

**Ecclesiasticus (Sirach) 26:1** Blessed is the man that hath a virtuous wife, for the number of his days shall be double.

v2 A virtuous woman rejoiceth her husband, and he shall fulfil the years of his life in peace.

v3 A good wife is a good portion, which shall be given in the portion of them that fear the Lord.

### **Tip 4: Initiate (Married sisters)**

**1 Corinthians 7:3** Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.

- Your body does not belong to you, it belongs to your husband

**Hebrews 13:4 (KJV)** Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

- The bed is undefiled
- Men love when you initiate sex

### Tip 5: Do not neglect yourself

**Judith 10:23** And when Judith was come before him and his servants they all marvelled at the beauty of her countenance; and she fell down upon her face, and did reverence unto him: and his servants took her up.

- Judith was beautiful, she kept herself together
- You still look beautiful for your lord
- Try to be that Proverbs 31. Go over it.

### \*\*\*Bonus Tip\*\*\*\*

**Proverbs 15:1** A soft answer turneth away wrath: but grievous words stir up anger.

- It's not what you say, it's how you ask it.

**Esther 5:1-5** Now it came to pass on the third day, that Esther put on *her royal apparel*, and stood in the inner court of the king's house, over against the king's house: and the king sat upon his royal throne in the royal house, over against the gate of the house.

V2 And it was so, when the king saw Esther the queen standing in the court, *that* she obtained favour in his sight: and the king held out to Esther the golden sceptre that *was* in his hand. So, Esther drew near, and touched the top of the sceptre.

V3 Then said the king unto her, What wilt thou, queen Esther? and what *is* thy request? it shall be even given thee to the half of the kingdom.

V4 And Esther answered, If *it seem* good unto the king, let the king and Haman come this day unto the banquet that I have prepared for him.

V5 Then the king said, Cause Haman to make haste, that he may do as Esther hath said. So, the king and Haman came to the banquet that Esther had prepared.

- She dressed up for her lord, cooked a feast and asked her request.

**1 Timothy 3:11** Even so *must their wives be* grave, not slanderers, sober, faithful in all things.

- Be grave, slander, sober

**Sister Ora** – Seeking Kingdome first with Children

**Question:** Were you a woman first or a mother?

- Just because we wear the hat of a mother does not mean that we neglect the woman.

**1 Timothy 2:9 (KJV)** In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array;

- You are being modest

**1 Timothy 3:11 (KJV)** Even so *must their wives be* grave, not slanderers, sober, faithful in all things.\_

- We are sober and faithful in all things

**Titus 2:3-5 (KJV)** The aged women likewise, that *they be* in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

V4 That they may teach the young women to be sober, to love their husbands, to love their children,

V5 *To be* discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

- Implementing loving our children and our Lords, and keeping Charity in the center of our thoughts.
- We cannot use our children to get out of showing charity for the body. They are not a stumbling block. They are not an excuse.

**2 Esdras 9:7 (KJV)** And every one that shall be saved, and shall be able to escape by his works, and by faith, whereby ye have believed,

- No reason for you not to put your brick in not matter how many children you have.
- Find your talent or niche and put your brick in

**Acts 9:36 (KJV)** And he trembling and astonished said, Lord, what wilt thou have me to do? And the Lord *said* unto him, Arise, and go into the city, and it shall be told thee what thou must do.

- The scriptures did not say that she had children, but you have to put forth alms.
- Alms can save your life.

**Marriage** - you should not put your children between you and your husband while you are in the bed together.

- It shows where your Lord's place is in your mind, second to your children

**1 Corinthians 11:3 (KJV)** But I would have you know, that the head of every man is Christ; and the head of the woman *is* the man; and the head of Christ *is* God.

- Your lord comes first. Make sure Daddy is happy
- Don't neglect sex, relieves stress and good for health. It's exercise
- Make sure you look good, when your husband comes home
- You have to know your Lord's schedule

### Children

- So much goes into educating your children in the truth
- You have to make sure that you are teaching your children properly

**Deuteronomy 6:7 (KJV)** And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

- Teaching our children and doing it the righteous way
- Make sure your children know that High Holidays, things on tv are wicked
- Speak good things about the prophets (make sure the children know that the prophets are great). They are not just regular men.
- Make sure the kids see themselves in the Bible. Have pictures
- Make sure they understand that the rainbow is our covenant between us and God. Not the wicked connotation
- Make sure they know the sisters are Daughters of Sarah, and that TeTe's (aunties) are important
- You got to put yourself out there, when you have children. Still participate in things with sisters. Don't be MIA
- If you have older children let them help you as well. Incorporate them.
- If you have children in the public school system. You have to de-program them every day.
- Make it fun for your children to know and learn their heritage. THE MOST HIGH COMES FIRST.
- We have to know that our sisters are our family
- The best teacher to a child is their parents. Make sure you're in the spirit and not being a hypocrite
- ACTIONS speak LOUDER than words

**Sister Amina - Making sure you keep TMH with you on the job.**

- Ensure you're not referring back to your worldly ways

**Question:** How many of us work? (From home? Personal jobs?)

**Tobit 2 :11(KJV)** For to thee doth the right of her appertain, seeing thou only art of her kindred.

- There was a situation where her husband went blind, Anna had to get a job to help her lord out
- Need to know how to conduct ourselves on the job
- You are noticed and a spotlight to people when you have to go out and work

**Deuteronomy 14:2 (KJV)** For thou *art* an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that *are* upon the earth.

- The Most High chose us to be that spotlight, we need to take honor in that.
- What makes us different?
  - It's always our Fringes
  - When they ask us, who want to celebrate pagan days, you are the main one that says, "No, I'm okay"

- What makes it challenging are the follow questions when you say you don't celebrate birthdays.

**Matthew 5:16 (KJV)** Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

- Soon as you walk in the door, let your light shine
- Use wisdom while one the workplace
- To avoid all the extra questioning an interrogation you can simply say, "I'm 7<sup>th</sup> day Adventist or just say you're a Christian. We do follow Christ.

**Colossians 4:6** Walk in wisdom toward them that are without, redeeming the time.

V6 Let your speech *be* alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.

- Learn to use wisdom in your speech
- You can say, this may not be the proper time to speak of this topic at work. If you'd like to know more, I can take the time to explain it to you in more detail (if they are our people, not esau)
- It is typically be Esau with all the question. Not too often our people
- Try to use wisdom in ways to separate yourself in different conversations
- Season your speech
- When in doubt, always refer to your work policy book. You can say, "I rather not disclose that"
- Practice in the mirror if you need to. Try to change the topic if you cannot just get up and walk away
- In the workplace, you co-workers may find you as a challenge to try to "change you" from keeping the laws. Be careful
- If it gets to a point where they are antagonizing you, report them to HR.

**Matthew 10:16 (KJV)** Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.

- We are His sheep and we are in the midst of wolves
- You may go through harder trails because you are different than everybody at work. You have to know how and when to maneuver yourself while at work
- Make sure you are harmless as a dove...
- 

**Wisdom of Solomon 1:11** Therefore beware of murmuring, which is unprofitable; and refrain your tongue from backbiting: for there is no word so secret, that shall go for nought: and the mouth that beliieth slayeth the soul.

- We got to stop the foolishness. There will always be workplace gossip
- Make sure you are not that person that spread everybody business

- Do your job and your job ONLY. Don't engage in other people's business and gossip
- If you find yourself clinging too close to co-workers, you need to find something outside of work, ground yourself in this truth - to prevent yourself from getting sunken into workplace drama.
- Join the decorating team, join committee at the school, flyer folding team, etc. Don't be idle
- Your friendship and sisterhood should be coming from those in the Truth
- **Stay at home mom** - share the truth on your social media page, put in more work for the Most High!
- Even if you don't deal with that spirit of gossiping at school, that spirit can jump on you if you entertain it at work.

**Sirach 27:12(KJV)** If thou be among the indiscreet, observe the time; but be continually among men of understanding.

- Be cordial but remember to observe the time
- Don't come to work and be mad all the time. Have conversations

**Romans 12:18 (KJV)** If it be possible, as much as lieth in you, live peaceably with all men.

- Being in the Truth, we will not get along with everybody
- The scripture says to live peaceably with all men. Not just 1 or 2 sisters.
- Don't be that angry black woman at work, still enjoy your job
- Give yourself a pep talk before you go into work and in dealing with people

**Matthew 5:16 (KJV)** Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

- Don't have that dim light.
- You are glorifying the Most High by letting your light shine
- Let your modesty speak. Laws don't have to come out and be shared. Your coworkers see you.
- If you're acting like nigs, you make all Israel look bad

**Sirach 7:15(KJV)** Hate not laborious work, neither husbandry, which the Most High hath ordained.

- How many of us pray for the job that we get? Then we complain about the job 2 months later
- It was ordained from the beginning that we have to work from the sweat of our brow to survive
- Do not complain about your job
- Story: A sister was dressing modest at work. The women in the other cubicles started wearing their long skirts and dresses.

**Sister Neriyah** - Putting in works for the Most High (Focusing outside the school)

- We wear many hats. One of those hats are putting in work for the Most High. It's somewhere collecting dust.

**1 Corinthians 3:9-10 (KJV)** For we are labourers together with God: ye are God's husbandry, ye are God's building.

- We put in works to build this Nation to eventually get the Kingdom.

v10 According to the grace of God which is given unto me, as a wise masterbuilder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon.

- We are God's building
- We want to build upon our foundation (Christ)
- What kind of bricks are you putting in?
- Visual for: "Let every man take heed how he builds thereupon." We have to strive to build master builders -**Was not able to be shown**
- We have to strive to be master builders
- What type of bricks are you putting in?
  - Are you putting forth the effort like you do for your Lord's house?
  - Are you being lazy? Doing it half way.

**Proverbs 31:31 (KJV)** Give her of the fruit of her hands; and let her own works praise her in the gates.

- Let her OWN works praise her in the gates
- You can't ride your Lord coat tails

**Haggai 1:4-7** Is it time for you, O ye, to dwell in your cieled houses, and this house lie waste?

v5 Now therefore thus saith the **LORD** of hosts; Consider your ways.

v6 Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes.

V7 Thus saith the **LORD** of hosts; Consider your ways.

- The lord is getting on us. We take care of our Lord's house, but we sit on the works to put in for the Most High's house
- Treat the church like we treat our own house. The church should be treated as an extension of our house.
  - It's clean. It's upkeep, nothing torn down, holes.
- As much as you care for your house, do the same for the Lord's house.

**Luke 17:20-21(KJV)** And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation: V21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

- Its within us to bring forth the kingdom

- We have to put in works to get there. Not just sit on our butts
- Take care of the church better than you take of your house. This is where we congregate
- You see trash, pick it up. Don't wait until someone else do it

**Philippians 2:12 (KJV)** Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

- There is more work to than just on Sabbath and Feast days
- You can be doing stuff behind the scenes that no one knows but the Lord. All Praises
- Your works will be read out to you...that's between you in the Most High

**Philippians 2:3 (KJV)** Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

- We are putting in work for the Most High, not to be seen
- You don't have to tell people the works you put in.

**Proverbs 6:6(KJV)**Go to the ant, thou sluggard; consider her ways, and be wise:  
v7 Which having no guide, overseer, or ruler,

v8 Provideth her meat in the summer, and gathereth her food in the harvest.

- Ants work hard, they don't have to be told to do the work!
- Offer to help, take the initiative and be proactive.is there something I can help with.
  - Cleaning bathroom
  - Washing dishes
  - Offer to fold fliers for the men
  - Be open to do the works

**Hebrews 6:10-12 (KJV)** For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister.

v11 And we desire that every one of you do shew the same diligence to the full assurance of hope unto the end:

V12 That ye be not slothful, but followers of them who through faith and patience inherit the promises.

- If you understand the lord is not going to forget your labour...the lord will not forget your works. The reward is in the Kingdom
- This shows your faith even more, because you are not getting paid
- Payment from the Most High is keeping us healthy, having a car, etc.
- Putting in works outside of school:
  - Passing out fliers

- Putting up missing person fliers
- The works that you are doing outside the church, someone can repent from it.

**Matthew 25:16 (KJV)** Then he that had received the five talents went and traded with the same and made them other five talents.

- Share our talents
- Example: you make delicious mac and cheese
  - Invite sisters over on how to make the dish...just in case you get sick, you have someone to cover you,
  - Not being selfish and not sharing recipes

**Philippians 2:29 (KJV)** Receive him therefore in the Lord with all gladness; and hold such in reputation:

V30 Because for the work of Christ he was nigh unto death, not regarding his life, to supply your lack of service toward me.

- Sometimes you have to pick up the slack. No everyone have that Faith
- In that, you may be exhausted but don't complain, murmur or gossip. Let your light shine so they may see and follow suit
- Reference Video: [How long are you slack? with Bishop Nathanyel](#)

**Joshua 18:3 (KJV)** And Joshua said unto the children of Israel, How long *are* ye slack to go to possess the land, which the LORD God of your fathers hath given you?

- Be real with yourself
- Make sure you are putting your works doing things in the body.
- There's not idle time. This is an opportune time for single sisters. No idle time.
- Working on different comment sometimes are so fun.
- You should put in more bricks for your church than your job.
- You should be going DOUBLE for the Most High
- As the scripture says in Proverbs 31, praise by your OWN works
- KINGDOM IS A LOT BETTER THAN A PAYCHECK

**Definition:** Sacrifice: an act of giving up something valued for the sake of something else regarded as more important or worthy.

- Example: Using time to make bread for congregation or get your eyebrow done or Fundraiser (sacrificing sleep)
- Your job may give you a deadline. Christ can return in any day. Quickly make haste!!!

**Sister Janelle - Putting in works in the Church and how it correlates with seeking the Kingdom**

**Definition:** Seek - to resort to, go to, look for, to try to discover, to try to require or gain, to make an attempt, try

- If you seeking the kingdom, you actually have to try

- If you believe you are going to put in the works. It will show if you don't believe. You won't put in any works.

**Luke 17:21 (KJV)** Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

- We are putting in the works to bring forth the kingdom.
- If you are not putting in the work, we are hindering the Kingdom from coming

**Romans 15:4 (KJV)** For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

- We need to be searching in our book to see what our forefathers did to put in works

**Acts 9:36 (KJV)** Now there was at Joppa a certain disciple named Tabitha, which by interpretation is called Dorcas: this woman was full of good works and almsdeeds which she did.

v37 And it came to pass in those days, that she was sick, and died: whom when they had washed, they laid her in an upper chamber.

v38 And forasmuch as Lydda was nigh to Joppa, and the disciples had heard that Peter was there, they sent unto him two men, desiring him that he would not delay to come to them.

v39 Then Peter arose and went with them. When he was come, they brought him into the upper chamber: and all the widows stood by him weeping, and shewing the coats and garments which Dorcas made, while she was with them.

40 But Peter put them all forth, and kneeled down, and prayed; and turning him to the body said, Tabitha, arise. And she opened her eyes: and when she saw Peter, she sat up.

- Dorcas - She was full of good works and alms deed
- We have to search out our foremothers and find out what we need to do for the Kingdome

**Romans 12:4 (KJV)** For as we have many members in one body, and all members have not the same office:

- There are a lot of us in the congregation, but not everybody is going to have the same office

v5 So we, being many, are one body in Christ, and every one members one of another.

v6 Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith;

- The Most High gave all of us a special gift, talent or purpose
- All of us have a purpose and we need to fulfill our purpose
- What are you offering? Are you good at teaching? cleaning? Cooking? Sewing? organizing?

- That great multitude includes men, women and children that can't be numbered. Find strength in your roles, find honor in that! None of it is a small task.

**1 Corinthians 12:23 (KJV)** And those members of the body, which we think to be less honourable, upon these we bestow more abundant honour; and our uncomely parts have more abundant comeliness.

- "Less honourable" - dirty work (Deep cleaning, Kitchen team, Cleaning the bathroom)
- Don't belittle the people that do those works. We need them. We can't serve food without clean dishes.

**Ecclesiasticus 9:10 (KJV)** Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

- Do work with all your might. You may be tired. People are depending on you.
- Example: make bread for the school. How will we break bread without bread?

**Baruch 4:28 (KJV)** For as it was your mind to go astray from God: so, being returned, seek him ten times more.

- You use to decorate for Christmas, etc., make sure you decorate your house as well and spend a lot of money. Stay up to study for school.
- But, it's like pulling teeth get a sister to cook.
- You don't take notes/ study. You read scriptures to go to sleep
- You don't stay for high holy days. You have to go to work. But when you used to go clubbing, you were out all hours of the night and call out of work
- You are on time for school, but not on time when coming to feast days, sabbath, etc.
- Don't be murmuring when you get a small plate of food, run out of napkins, etc. take the initiative and help out or purchase more.
- Do not murmur and don't contribute to anything
- Let your actions speak. Help out the body

**Romans 12:11 (KJV)** Not slothful in business; fervent in spirit; serving the Lord;

- You shouldn't be asked to be put on the kitchen team, cleaning team, etc., your works should show for themselves.

**Definition:** Slothful- fatigue, lazy, sluggish, idle

**Sirach 22:2 (KJV)** A slothful man is compared to the filth of a dunghill: every man that takes it up will shake his hand.

- Dunghill= animal feces
- The Most High is comparing you to an animal feces

**Luke 22:49 (KJV)** And he said unto them, How is it that ye sought me? wist ye not that I must be about my Father's business?

- We need to be about our father business

**1 John 2: 6 (KJV)** He that saith he abideth in him ought himself also so to walk, even as he walked.

- We say we believe in Christ but are you walking like Christ? He said he was about his Father's business.
- Are you the Father's business? Meditate on this scripture

**1 Corinthians 15:58 (KJV)** Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

- All the works that you are doing is not in vain because you are laboring to bring forth the Kingdom

**Micah 4:10 (KJV)** Be in pain, and labour to bring forth, O daughter of Zion, like a woman in travail: for now shalt thou go forth out of the city, and thou shalt dwell in the field, and thou shalt go even to Babylon; there shalt thou be delivered; there the LORD shall redeem thee from the hand of thine enemies.

- Just like a woman giving birth, we have to keep pushing
- Like labor, the outcome is a baby. The outcome of the truth is the KINGDOM
- After the baby is delivered, there is so much relief. This is how it's going to be when Kingdome comes. Picture it like a woman in travail

#### **Questions to ask yourself:**

1. Do I work harder at my job than I do for the Most High?
2. Am I putting in the same effort than I do for my job or school?
3. Do I value the lord's work more than I do my job or school?

#### **Sister Susanna - Emotions**

Emotions are directly connected to mental clarity and how you focus. Emotions can cloud your mind and inhibit you from reacting properly

#### **Emotional Triggers in the Truth**

1. Positional replacement
2. Plans demolished
3. Lack of love

**Quote:** "Smoke triggered the fire alarm"

- When the fire alarm set off, there was smoke that triggered it.
- There are things that happens to us that cause us to react emotionally

**1.Positional replacement** - We have lost our elite status

- Elite status, learning that the man is first

- This alone is the #1 emotional trigger that a lot of us cannot get over. A hurdle in our way
- You are not subject to a man
  - America had us rooted and feeling superior to a man

**Jeremiah 31:22 (KJV)** How long wilt thou go about, O thou backsliding daughter for the LORD hath created a new thing in the earth, A woman shall compass a man.

- Each day we are fighting those channels that is telling us (on TV, workplace, jobs, etc.) that we are better than a man
- Do everything in our power to not let that emotional state take control of you
- Example: We may play semantics when your husband asks you to do something.
- Ask yourself why am I doing thinking and reacting this way? Fight beyond it.

**Job 2:9 (KJV)** Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die.

- Laugh in the scriptures. Have a good time in the scriptures.
- When you come into the truth you know you can't say stuff like this anymore. Don't talk sideways to your Lord.
- You can't be this type of sister; you are not in the world anymore. You have to operate correctly
- We are prisoners of Christ. You got to fight against those demons. Don't disrespect your husband,

**Genesis 3:6 (KJV)** And when the woman saw that the tree *was* good for food, and that it *was* pleasant to the eyes, and a tree to be desired to make *one* wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

- We are in this situation because of ourselves
- We are always the ones when the world tells us we need be on the man's level
- Eve wanted to be on Adam's level

**Book:** Black Man's Guide to Understanding the Black Woman" by Shahrazad Ali

- These channels and mindset are pushed on Israelite women as soon as we are born
- The daughter pays attention to how mother treats father (glances, body language and moods)
- She overhears conversation her mother has with friends or relatives pertaining to the father
- What she overhears as a small child:
  - "I don't care what your father said...I said"
  - "Your father doesn't run this house, I do"
  - "He doesn't know what he's talking about"
  - "I get tired of picking up behind him"
  - "You don't tell me what to do..."

**2. Plan Demolished:** this is where we make plans but our plans don't come through

**Proverbs 31:13(KJV)** She seeketh wool, and flax, and worketh willingly with her hands.

V15 She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

V16 She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.

- If you are not familiar with Proverbs 31, this is our guide book as women. These are the actions of what a righteous woman does on her daily basis.

V19 She layeth her hands to the spindle, and her hands hold the distaff.

V24 She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.

- As women, we plan everything out... but you need to get ready for your plans to be demolished. This is an emotional trigger.
- As women, we are not flexible....one bad thing goes wrong we get out the spirit. It can be the smallest thing
  - When plans change, find the positive in it.
  - For example; you had plans to stay at a hotel with your Lord. Then plans change and you and your Lord will be staying with a brother.
  - Finding the positives: Save money, get to know a sister and cook together
- It terrifies us when our plans don't work out

### **3.Lack of Love with:**

- This is lack of love to our husband, our kids, sisters, etc.
- You secretly hate your husband, hate coming to the school, the kids, etc.
- When your sister asks you to do something, you get an attitude. You don't love your sister.
- If you want to learn submission, first learn to submit to your sisters. When a sister asks you to do something, do it without an attitude.
- Example: It may get heated in the kitchen
- Just look at the situation, that's my sister and she just gave me an order. Let's do it. That is how your husband will be. The orders will just come.
- When given an order- take it and listen to the message

**Matthew 22:37(KJV)** Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

v38 This is the first and great commandment.

v39 And the second is like unto it, Thou shalt love thy neighbour as thyself.

v40 On these two commandments hang all the law and the prophets.

- Love towards your neighbor. All the commandments hang on these 2.
- Acts of service - keeping the commandments
- [Reference video: The Three Trials of Faith with Bishop Nathaniel and Deacon Asaph](#)

**Sirach 26:6** But a grief of heart and sorrow is a woman that is jealous over another woman, and a scourge of the tongue which communicateth with all.

- Check your spirit sisters
- We reaction in emotional way because you got secret hatred or jealousy for another sister.
- You may reach a certain way because you secretly hate or jealous of a sister

### **Here are some Solutions to deal with emotions**

- Talking to yourself to help decompress and calm self
- You just got into a crazy situation (Husband or with a sister)
  - Things you can do to deflate
- Identify and challenge the thoughts underlying your upset.
  - Find out why you are upset (it takes practice)
  - Exaggerated beliefs (you over hype it up)
  - Calm down and look at the situation and look at what actually happened. Not what your head told you what happened.
- Can I force myself to find some positive traits in them that will help me regard them in a favorable light?
  - The person you want to have the emotional reaction to may be someone in you have in high esteem (husband)
  - Force yourself to find some positive traits within others:
    - He is a leader
    - He always put in work
    - This is a good sister. She brings out the positives in
- Am I mind reading?
  - You think your husband hates you because he asked you to do something without saying please
  - Stop taking an action and making out as the worst
- Am I a fortune teller? Making a prediction that they will always disappoint me.
  - “She asks me to do it because she secretly don’t like me”

### **Quotes:**

- “My mind is good at something small seem like the end of the world”
  - Something that you do or react to, the scriptures says to be angry but sin not-  
**Ephesians 4:26(KJV)**
  - Look at how we react to the situation, you have act right and do it properly, decently and order
  - If you don’t know how to not react emotionally to your Lord, say things: “Okay love”, “Understood”
- “You can’t stop waves, but you can learn to surf”
  - You can learn not to let someone pull you out the spirit
- “Don’t make a permanent decision for temporary emotions”
  - Don’t ruin a good friendship. Some things you can’t take back when you snap on a sister.

- “Don’t let your emotions be your decision maker”
  - Goes back to the note that emotions cloud your mind and inhibit you from reacting properly
  - Don’t let emotions have that power of you to the point you are making wrong/bad decisions

### **Sister Zehira** – Studying

- A lot of things that we talk about, you won’t do it unless you study
- Seeking the Kingdom first and not putting the Most High last on your to-do list

**Matthew 6:33 (KJV)** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

- We spend a lot of time worrying about the wrong stuff (bills, etc.)
- We can use that same energy on focusing on getting the kingdom
- Studying - main way we are seeking the Kingdom

**Isaiah 26:3 (KJV)** Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

- Peace - calm, quiet, content, control
- Only time we studying when we are afflicted. Now we want to study and pray
- Only way to get peace – STUDY!

**Isaiah 34:16 (KJV)** Seek ye out of the book of the LORD, and read: no one of these shall fail, none shall want her mate: for my mouth it hath commanded, and his spirit it hath gathered them.

- There is no way around reading.
- We have to read. It requires time
- Just SIT DOWN and open up your bible!!!
- When studying and reading, have a notebook, highlighter, pen
  - Not just flying through your 4 chapters as recommended
  - We all learn differently

**Isaiah 28:10 (KJV)** For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:

- Recommend using the Journal Bible



- Add your precepts in your Bible.
- Able to write notes/pictures in the margins
- Makes it easier for you to study
- You have to know yourself and know your schedule. Make a schedule:
  - You might be a sister that reads in the morning
  - Kid's nap time, quiet time - read your Bible
  - Read on your lunch break
  - Leave the house 20 minutes early to read before going into work
  - Create a quiet time in your house (30 minutes) - so kids can be quiet and read
- Be able to set yourself the correct mood that you need for your reading, otherwise you will slack and won't study.

**2 Timothy 2:15 (KJV)** Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

- Does God approve of my studying?

Synonyms: Approve- acceptable, agree to, sums up, applauding

- Requirements from the Most High may differ from a single sister and a married sister
- Single sister will most likely have a lot more time to study than a married sister or a sister with kids

**Are we using our time wisely?**

- Example > Spending 15 minutes of reading, but two hours on YouTube (Add up the hours throughout the week)
  - Things like: (cooking shows, shopping, cooking video, Netflix) - you spend hours doing this instead of studying
- We shouldn't be scrolling through social media
- Shouldn't let this come before THE MOST HIGH

**Romans 14:12 (KJV)** So then every one of us shall give account of himself to God.

- We can't have excuses on why we don't study and poor study habits

**Proverbs 15:28 (KJV)** The heart of the righteous studieth to answer: but the mouth of the wicked poureth out evil things.

- Read the scriptures to help other sisters and to know how to answer sisters

**Sirach 33:17 (KJV)** Consider that I laboured not for myself only, but for all them that seek learning.

- It might come a time where you have to give counsel
- Studying so you are able to answer a sister that need you...you must STUDY to be able to help her

**Jude 20 (KJV)** But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,

- We pray for faith, but a lot of times we are not studying. Faith comes by studying.
- Are we studying effectively?

**Sirach 5:15 (KJV)** Be not ignorant of anything in a great matter or a small.

- Not being ignorant, important to know something
- If you're a wife. Know something about being a wife.
- Mother should know scriptures on being a mother
- "Ignorant" - uneducated

**Sirach 7:26 (KJV)** Hast thou a wife after thy mind? forsake her not: but give not thyself over to a light woman.

**Judith 11:21 (KJV)** There is not such a woman from one end of the earth to the other, both for beauty of face, and wisdom of words.

- An example of our foremother who was beautiful and wise.

**2 Timothy 3:15 (KJV)** And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.

- Scriptures make us wise. When we study, it gives us the answers that we need

**Nehemiah 8:8 (KJV)** So they read in the book in the law of God distinctly, and gave the sense, and caused them to understand the reading.

- A lot of times when we are not reading; we don't understand what the scripture says

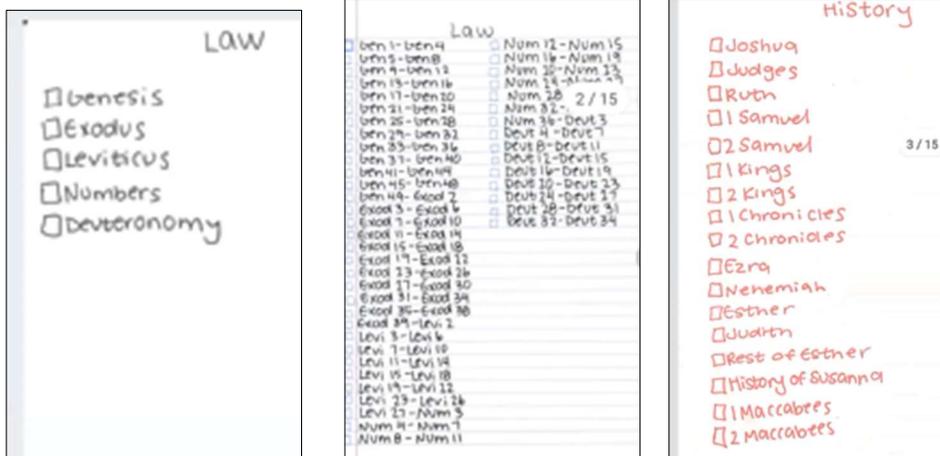
v10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for *this* day is holy unto our Lord: neither be ye sorry; for the joy of the **LORD** is your strength.

- See studying as a good thing and to be joyful.
- Sometimes it's a burden to us

#### **Tips to help you study:**

- Find things that are interesting to you:
  - You're a new mother? Find scriptures on motherhood
  - Nurturing your children
  - Role of a wife
  - Family
  - Charity and sisterhood
  - Business
  - Art
  - Music
  - Health

- Put yourself in the scriptures. You will start to understand it more. It becomes more interesting to you
- Have colorful pens, study binders, print out pictures, stickers, etc.
- Seek the Kingdom first, but make sure you study your problems. Don't avoid them
- If you are dealing with certain spirits, make sure you study and find scriptures on them
- You don't have to just read 4 chapters in the same book
  - Skip around, read 2 chapters in the law and another 2 in history
- Recommend a bible study checklist. Give you motivation to do it.
  - It will be available on line



- With everything we went through today. It's not impossible, especially when it comes to studying

**Deuteronomy 30:11 (KJV)** For this commandment which I command thee this day, it is not hidden from thee, neither is it far off.

V12 It is not in heaven, that thou shouldest say, Who shall go up for us to heaven, and bring it unto us, that we may hear it, and do it?

V13 Neither is it beyond the sea, that thou shouldest say, Who shall go over the sea for us, and bring it unto us, that we may hear it, and do it?

V14 But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it.

- All of these things are possible and you are getting the tools to do it.

### Closing Remarks

- We went through all these different topics and the main thing is to APPLY IT!
- Go back and meditate on the things that we talked about and measure it up with your checklist.
- Are you applying those things?
- Are there things you can put into your day to day life now.

- Seek the Kingdome first

Shalom. Most High and Christ Bless.